



Important Facts about the Alliance for Rational Use of NSAIDs

- The Alliance for Rational Use of NSAIDs is a public health coalition dedicated to the safe and appropriate use of nonsteroidal anti-inflammatory drugs (NSAIDs), medicine available either by prescription or over-the-counter (OTC), to treat pain and inflammation.
- Promoting the appropriate use of NSAIDs is an urgent and underappreciated public health imperative. The Alliance educates health care professionals and the public at large to ensure appropriate and safe use of NSAIDs in order to:
 - Bridge the gap between clinical guidelines and clinical practice — maximizing the benefits of NSAIDs while reducing the risk and improving health care delivery
 - Encourage health care providers to have open and ongoing dialogue to ensure that NSAIDs are used appropriately according to the needs of their patients
 - Enable more informed patients to take charge of their own health
- A gap exists between NSAID guidance and use among health care providers and patients.
 - Nearly nine out of ten patients (86%) taking both prescription and OTC pain medication do not take the opportunity to discuss their OTC NSAID regimen with their pharmacist¹
 - Only 65% of patients prescribed NSAIDs report being warned about side effects by their health care provider²
 - Only 2% of people taking OTC NSAIDs indicate having a discussion about potential gastrointestinal (GI) side effects with their health care provider³
- NSAIDs provide effective pain relief. When taking NSAIDs, it is important to balance the potential benefits with potential risk of side effects.
 - Because most NSAIDs are only referred to by the brand or generic name, many patients are may be unaware they are taking an NSAID and accidentally take more than one at a time
 - Nearly two fifths (38%) of patients report taking an OTC NSAID and a prescription NSAID at the same time⁴
 - Patients taking opioid/NSAID combination medications may be at increased risk if self-medicating with OTC NSAIDs at the same time
- Health care providers can do more to encourage adherence to NSAID guidance.
 - A cross-sectional U.S. Department of Veterans Affairs (VA) hospital study showed an adherence rate to NSAID guidelines among high-risk patients of only 27%⁵



- More than 90% of patients in an observational study of osteoarthritis patients were at increased gastrointestinal and/or cardiovascular risk. More than half of these patients received NSAID prescriptions outside of the current regulatory recommendations or guidelines⁶
- The Alliance will continue to call for a guidance-driven treatment approach that ensures NSAIDs are used appropriately and according to the needs of the patient.
 - The medical community and multiple regulatory authorities embrace an overarching standard of care for safer NSAID use- any NSAID should be used at the lowest effective dose for the shortest duration of time necessary to provide symptomatic relief
- Current Alliance members include:
 - American Academy of Nurse Practitioners
 - American Academy of Physician Assistants
 - American Association of Colleges of Pharmacy
 - American Chronic Pain Association
 - HealthyWomen
 - National Council on Patient Information and Education
 - National Kidney Foundation
 - Western Pain Society

Join the Alliance in their efforts to ensure the appropriate and safe use of NSAIDs. To download educational materials and learn more about the Alliance for Rational NSAID Use visit www.NSAIDAlliance.com.

¹ Lacivita C, Funkhouser E, Miller MJ, *et al*. Patient-reported communications with pharmacy staff at community pharmacies: the Alabama NSAID Patient Safety Study, 2005-2007. *J Am Pharm Assoc*. 2009;49:e110-e117.

² Wilcox, CM, Cryer B, Triadafilopoulos G. Patterns of use and public perception of over-the-counter pain relievers: focus on nonsteroidal anti-inflammatory drugs. *J Rheumatol*. 2005;32:2218-2224

³ Wilcox, CM, Cryer B, Triadafilopoulos G. Patterns of use and public perception of over-the-counter pain relievers: focus on nonsteroidal anti-inflammatory drugs. *J Rheumatol*. 2005;32:2218-2224

⁴ Wilcox, CM, Cryer B, Triadafilopoulos G. Patterns of use and public perception of over-the-counter pain relievers: focus on nonsteroidal anti-inflammatory drugs. *J Rheumatol*. 2005;32:2218-2224

⁵ Abraham NS, El-Serag HB, Johnson ML, *et al*. National adherence to evidence-based guidelines for the prescription of nonsteroidal anti-inflammatory drugs. *Gastroenterology*. 2005;129:1171-1178.

⁶ Lanas A, Garcia-Tell G, Armada B, Oteo-Alvaro A. Prescription patterns and appropriateness of NSAID therapy according to gastrointestinal risk and cardiovascular history in patients with diagnoses of osteoarthritis. *BMC Med*. 2011;9-38.